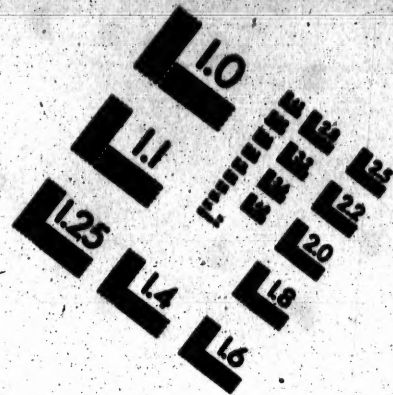




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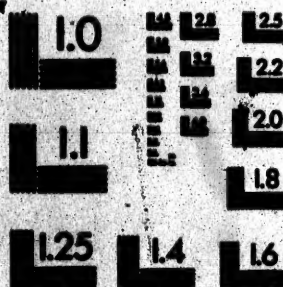
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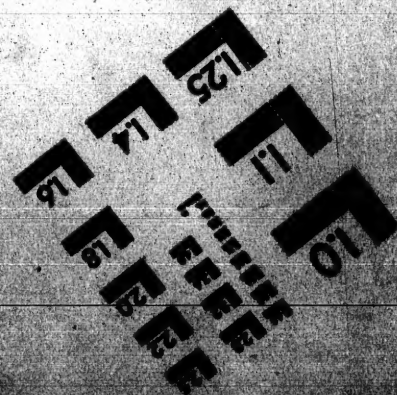
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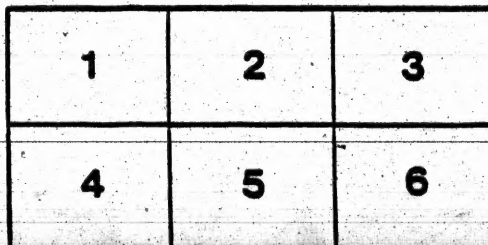
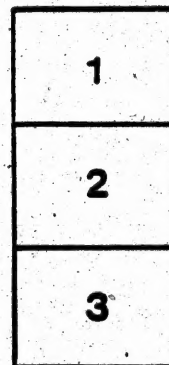
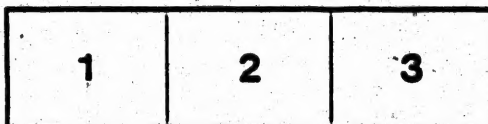
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**HOW TO MAKE HOME
HEALTHY.**

AIR, LIGHT, FOOD, DRINK,

WITH THE TEST OF

PROFESSOR HAHNEMANN,

THE GREAT GERMAN CHEMIST,

TO DETECT ADULTERATED LIQUORS.

BY H. M.

TORONTO:

THOMPSON & Co., PRINTERS, 77 KING STREET EAST.

1860.

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VENTILATION.

CHAPTER I.

In these days every school boy knows something about VENTILATION. He knows, for instance, that people must have a large and constant supply of fresh air, if they would preserve health and life;—he knows that the breath of man is the most deadly poison—that “collected in a jar it will kill mice, and accumulated in a room, it will kill men!” And if he have the misfortune to gather knowledge, not from a tree in a garden, but from the desk of a close school room, he has a practical experience of the pursuit of knowledge under difficulties, and soon finds, without reading about the Black Hole of Calcutta, that mind and body are both suffering for want of fresh air. If our school boy is a fisherman and catches “shiners” to bait for bass, he has probably often seen his bait turn on their backs in his pail of water, and after a little choking, quietly expire; and he knows the cause, viz: want of air,—that in the water is exhausted, and he has not put fresh water in to supply its place.

Were a modern ball-room or dwelling air-tight, the inhabitants would soon share the fate of the “shiners;” but luckily for them, neither carpenter nor mason work has reached that point of perfection, so they are only slightly suffocated and poisoned, and soon come to life in the fresh air. Doubtless many will exclaim against this. The entranced *Augustus* will repudiate with scorn the idea that when *Angelina* reposed on his arm in a polka and whispered that she loved him everlastingly, it was only poisoned air rendered sonorous by the action of a larynx, tongue, teeth, palate and lips. “What folly!” the old fogies will say, “to insinuate that breath is hurtful—just as if nature did not know when she made man a social animal, whether breathing each other’s breaths, would

prove injurious." Nevertheless both old and young will, immediately after expressing contempt for ventilation, complain of the closeness of the room, or steamer, or railway car, and rush to the door for relief.

But notwithstanding the ignorance and unbelief of a great portion of the world, scientific men are still busily engaged in devising ways and means to protect man by means of physical and *mechanical* ventilation, from being poisoned by his fellow man. We have now all sorts of ingenious contrivances under the second system,—fanners, forcing pumps, sucking pumps, screws and other contrivances, too numerous to mention. In 1668, H. Schmitz published the scheme of a great fanner, which, descending through the ceiling, moved to and fro, pendulum wise, within a mighty slit. The movement of the fanner was established by means of clockwork, more simple than compact; it occupied a complete chamber over head, and was set in noisy motion by a heavy weight. The weight ran slowly down, pulling its rope till it reached the parlour floor. As for the screws they are admirable on account of the startling results sometimes produced. Not many years ago a couple of fine screws were adapted to a public building, one to screw the air in and the other to screw it out,—but horror of horrors, both screws blew down with a gust of contempt upon the airy projector. Of the fanners it is not worth while speaking; they answer admirably for cooling the air in India, where a servant can be kept to move one in each room; and Mr. BARRY's monster fanners, moved by steam, cool the air for the British House of Commons at an expense of over half a million dollars. But as for ventilation—that is circulating fresh air—they are perfectly useless. So far, then, as *mechanical* ventilation adapted to buildings is concerned, it may be pronounced a failure.

But *Physical Ventilation*—that which imitates the process of nature, and whose chief agent is heat; has at length established itself as a great success. In nature it is said—the Sun is the lord-high ventilator. He rarefies the air in one place by his heat, elsewhere permits cold and lets the air be dense; the thin or warmed

air rises and the dense air rushes to supply its place, so we have endless winds and currents, Nature's ventilating works. Of course, a common fire-place with a quarter of a cord of wood; or an hundred weight of coal, is a good imitation of the *Sun's* system—the fire makes an ascending current, and the cold air rushes from the doors and windows to the chimney, as from surrounding countries to the burning deserts, as the draughts about the legs, necks, and backs prove to the most sceptical. While one side is being toasted, the other side is being frozen, so that a man has to revolve as on a spit, in order to let each side have its proper quantity of heat and cold. The old settlers have a superstition that so soon as they build a new house and move into it they are sure to die. This has a good deal the appearance of being the rule. But the reason is, not that a supernal power envies their new abode, but that they themselves are the authors of their own misfortunes. For instance, an old couple have been in the habit all their lives of living in a log house, with walls windows and doors not over tight and a dutch fire place, which when a full blast would almost carry one of the youngsters out at the chimney top. In other words—they live in the midst of a most splendid system of ventilation, and as a consequence enjoy the most robust health. From this they move to a new house with no fire place whatever and no open flues. Here they sit themselves down by cooking or parlor stoves, and half stupified by the foul and over heated air, dream of long years of happiness. Soon, however, the blood becomes less and less pure and disease sets in to obtain an easy victory!

How differently all this might be managed; how easily such a misfortune might be remedied. With open flues or fire places in each room, and a ventilating stove in the hall connected by a pipe with the air without, not only would there be no draught, but every room in the house would be kept at the same temperature by a constant stream of warmed, not heated air, which would be changed and replaced by fresh air every four or five minutes during the day. "Yes, yes" a venerable old lady will say, "I suppose I might have all this at the expense of a hole or flue as you call it in every

"room, but you don't catch me spoiling the appearance of my "rooms for the sake of ventilation!" It is in vain to tell such people that a house with open fires in every room can be built at the same expense as a house with no fire at all—the real objection is the *hole in the wall*—however neatly it may be disguised by ornamental registers or fans. The best of the joke is that the same parties who object to fires or fire places, will stick the walls full of windows. They will have something nice to look at no matter how filthy and unhealthy the *air food* which they are inhaling to cleanse the blood!

Thanks to modern architects, if we go to church we can doze through the most delightful sermons. If we go to balls or concerts or public meetings, we can pant after fresh air, and come home with head-aches, inflammations, and incipient consumptions.—Long may they believe that lungs are wind instruments of brass; and let us hope that when they do get a ventilating fit they will prefer strange machines, pumping, screwing, steaming apparatus, to the simple pure air of heaven, which requires but a pipe and a ventilating stove to set it floating day and night through all our dwellings.

The celebrated HUMBOLT, who died the other day, considerably over ninety years of age, attributed the good health he enjoyed to his love of fresh air. He tells us that in one of his travels on ship-board, a sailor was reduced by fever to the last gasp, and at his earnest request was taken on deck to die. But strange to say he no sooner felt the cool air than he began to revive, and he eventually perfectly recovered.

Those then who exclude the fresh air from their lungs, take the first important step towards ruining their constitutions. The more they sit in close rooms over that wholesale destroyer the *box-stove*, the more tender they become and the more they crave cloaks, coats, wrappers, comforters, India rubbers, and all the other blessings of this life. "Look!" they exclaim, "at the progress of Man.—Who ever saw a *Lion* in cork soles, or with a sore throat? Can the *Tiger*, mount his great coat when he goes out to a social party?

Does an Eagle soar with an umbrella over his head to keep off the sun or rain?" Man alone, comprehends these luxuries; and it is when he is least healthy that he loves them best.

But sitting by stove heat in an unventilated room is nothing to sitting in a close bedroom. Whoever travels a good deal is often taken to a room with a chimney indeed, but closed with a fire door, so that there is no possibility of the foul air escaping during the night. There is not even a stove pipe hole into the chimney, and the landlord, with a praiseworthy care for the health of his guests, has not stopped either with tin, cloth, or wood. There is a lock on the door so that you may shut in all the foul air, and keep it in. If you happen to be a man of note, you are probably shown to the best room that contains a suffocating machine called a curtained bed. So it is not enough to have diluted foul air, it must be condensed as close as possible round your person. This may be called the Poison Vapour Bath, and is enjoyed in the greatest perfection in a feather bed. The feathers prevent the transpiration through the skin, and most effectually smother the flesh. But then lying on feathers is a sign of gentle breeding. An ancient writer tells us how a king's wife found out whether her lady guest was a real born princess. She placed three peas in the young lady's bed, and over these fifteen feather beds. In the morning the young lady complained that she had been prevented sleeping by the lumps under her sheets. So you see blood will tell. Next to the close stove room, the unventilated bed room and feather bed are the most ingenious contrivances for the destruction of human life, and to complete the business many people cover their heads with night caps, or stick them under the bed clothes till they are obliged to put out their noses to prevent actual suffocation!

If I were to treat in scientific terms upon the properties of air, I might be as unfortunate as the young Cambridge student who was siring his wisdom at a dinner party. He was most eloquent upon heat and cold, radiation, rarefaction, polar and equatorial currents, &c.; when he had brought his discourse to an end, he turned round upon a grave professor of his college, saying, "And what, sir, do

you believe to be the cause of wind?" The learned man replied, "Pea-soup, pea-soup!" So I shall avoid as much as possible, scientific or uncommon terms, and content myself with describing to you in a plain way, some of the commonest properties of air.

Air is composed of two simple elements, and one compound element in very small proportions. About 80 parts in an 100 of the air, is composed of a kind of air or gas called nitrogen, a simple element and apparently of no use except to dilute the oxygen, the name of the other simple element, a gas or air composing about 20 parts in an 100 of the atmosphere. The compound element is also a gas called carbonic acid, and forms about one part in 2000 of pure air. It is compounded of oxygen and carbon, a simple element or substance which composes the greater part of coal and gives to it its chief characteristics.

The air cells of the lungs are filled upon the principle that gravitation causes air to rush into any cavity. These are situated on either side of the chest, and communicate with the air through the windpipe and nose, or mouth. Three evident effects are produced upon the blood in the lungs by the action of air. Its color is changed from a purple to a bright red, its temperature is raised, and it is diminished in quantity. Doubtless other effects are produced, but about these there is no dispute. The degree of effect produced, depends upon the quantity and quality of air to the action of which the blood has been subjected in the lungs.

The composition of the air has been already stated; but after it leaves the lungs it is very different; instead of 20 parts in an 100 it contains but 16 of oxygen, and contains nearly 4 parts of carbonic acid. It is very full of moisture as may be seen by breathing upon glass. Its proportion of nitrogen has not changed in an appreciable degree. If a person apply his mouth to the mouth of a bell-glass bottle or decanter, the bottom of which is wanting or has a hole broken in it, and then push the bottle a short distance into a pail of water, he can draw all the air in the bottle into his lungs, from which he can breathe the air back into the bottle. This must be so held in the water that it shall follow up into the bottle as the

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air is drawn out, and when the bottle is again filled with air, it must be held quite steady, with the mouth yet applied to it and the bottom yet in the water. In the meantime let a match be lighted, and when it is burning well, remove the mouth and drop the bottle an inch into the water, and thrust the match into the mouth of the bottle, when, if the experiment have been well managed, the flame will instantly go out. Showing that the air is so changed in composition that a match will not burn in it. If any one requires proof of the unhealthiness of air after it has been once used, let him inhale the air from another persons nose or mouth, passing from the cool fresh air of morning into a crowded unventilated railway car which has travelled all night.

Then, as the air coming from the lungs is not suitable to be received again, and as a large quantity is used in a very little time, it follows that all rooms should be perfectly ventilated, by having communication with the Grand reservoir—the atmosphere surrounding the earth. This should evidently be more carefully attended to during the night than during the day, as then the opening and shutting of doors, and the fires in cold weather, will tend to purify and change the air in a room. Experiment and accident have proved that carbonic acid breathed out from the lungs is so very poisonous that 10 per cent. will destroy the life of animals, and many human beings have lost their lives by going into wells, tombs and other places where it existed. The burning of most articles produces a great deal of it, coal a vast quantity when burning, and a pan of coals placed in a chamber has produced so much as to destroy life. If a grate do not draw, the gas is likely to pass into the room without any smoke, a great cause of headaches, &c. Doctor *T. S. Lambert* above quoted, says: "In regard to pure air, the old adage seems true, 'nothing cost, nothing worth.' If air could be monopolized and sold by the gallon, its value would soon be appreciated. He continues—'A healthy state of the body generally, with active exercise of all parts of the body, but particularly the muscles of inspiration and expiration, and ventilated apartments, are the chief things which conduce to the perfect action of the air and blood upon each other in the lungs.' And as it has been seen that one of

the chief, if not *the* chief duty of the lungs, is to produce heat, it follows that if a person would be warm he must preserve his general health, take exercise, and *breathe pure air* ! Hence it is to be inferred, that a person will sleep warmer the coldest night in winter with his apartment ventilated, which cannot be done perfectly except there be communication with out doors. Especially during the night will a person be kept warmer and be in less danger of catching cold, if a sleeping apartment be ventilated, not in such a manner that a draught of air shall come upon the person, but at the same time perfectly."

Thus we see that pure air acting on the blood produces health, and foul air disease and death. But our object is not to write an essay on air, but on the means of bringing it into our dwellings and Railway cars.

We have said that mechanical ventilation as applied to houses, is a failure. Not so mechanical ventilation as applied to Railway Cars, as those of our readers who have travelled in BUTTAN's ventilated cars on the GRAND TRUNK, can testify. There we see that by means of a ventilating cap on the top of the car, a continuous stream of air, purified in summer by passing over a large shallow tank of water, is furnished to the inmates of the car. The same quantity of air is also supplied in winter, but warmed by means of a simple but most efficient ventilating stove. No matter how much dust there is outside, not a particle comes into the car, because it is deposited in the water tank underneath. And no matter how much filthy tobacco is spit or blown out of the mouths of the passengers, or how diseased their lungs or throats may be, the strong downward current of air carries off the perfume without compelling their fellow passengers to swallow it. Indeed, so perfect is the working of BUTTAN's system in summer that the passengers enjoy the benefit of steamboat, with the rapidity of railway travelling. His motto is "pure air and plenty of it."

As regards BUTTAN's mode of ventilating houses, we have not space to describe it, but we may say that he puts LUNGS into the building. That day and night, in summer and winter, there is a

stream of fresh air, pouring through every room in the house. Of course it is warmed in winter by passing through a ventilating stove—or a ventilator as Mr. Rutan delights to call it. This is the kind of ventilation which we denominate *physical*, because it is the action of nature. As the heat of the desert draws the air from the surrounding countries, so the ventilating stove attracts the cold air from outside the house or the railway car, and this cold air is expelled the cold air and takes its place.

Now, raising any particular system of ventilation may offend the water or hot-air architect, we will leave this particular subject to our subject at present, and devote a few pages to consider the causes of ill health than the want of fresh air.

CHAPTER II.

Travel where we will, whether on railways or steamers, enter what society we may, we find nine-tenths of our fellow mortals suffering from ill-health. Why is this? Because from the cradle to the grave we set the laws of health at defiance!

No sooner is the blessed baby born than the watchful nurse crams down its throat a dose of physic, and fastens its first dress with innumerable pins. What the calomel and honey, or castor oil, is unable to effect inside, a sly prick effects outside, and the troubles of the little "pale face" begin. Ten to one that the doctor is sent for and other doses are rapidly administered, some preparations of laudanum probably, when the little sufferer is put into a cradle and by active rocking sent to sleep by producing giddiness, giddiness being a disturbance of the blood's usual way of circulation. Perhaps when the dress is changed, the establishment of the row will be discovered. But the nurse has learned one thing in the mean time, viz: that preparations of laudanum save a world of trouble, and that giddiness if it does not produce healthy sleep, at all events, produces quiet! The next torture the poor child undergoes is to be awakened out of its sound sleep to have some food. Nature of course does not know how often the infant ought to be fed, (altho' she would feed

it every four hours,) so she is to be taught a lesson. After the food, the child is to be put to sleep again, either by the rocking chair, the cradle, or some of *Mrs. Winslow's* soothing syrup.

Well you have the baby at advantage—so pitch into it what you can. Vary its pleasures by alternately suckling and physical exertion. attempt no regularity in nursing, keep its stomach in a constant ferment, and you lay the foundation of a dyspeptic constitution and a miserable life.

In weaning a child, most people are guided by their own convenience, they will not allow nature to have a hand in the business at all, but will wean either before the first teeth cut, or after they have arrived at the biting point. Then instead of weaning gradually, they wean all at once, by means of bitter aloes or some other drug. Were the ladies weaned of their tea by being suddenly transferred to gall, how would they like it? or from hooped petticoats by being rolled like *Regulus* in a cask stuck full of *spikes*; yet the *mode* would be about as reasonable in one case as in the other.

Most houses are so constructed that no fit room is retained for a nursery. Indeed, in most cases, a common unventilated bed-room is the only convenience for the nurse and three or four or more children. In this room there is perhaps one window, which is kept carefully closed and stuffed all winter, so as to keep out draughts! If there be a chimney, it is of course closed with a board, and the door is shut to keep in the noise. Here the poor delicate things grow up like stalks of celery, white and tender, and by the same process—the exclusion of light and air. Then, as if the mother really wished to decrease the population, they are sent out to walk in thin upper dresses and bare legs. How would mamma and papa like to be treated in the same way? Would they not find it rather cool comfort to imitate their first parents in this climate? and yet their children are of the same flesh and blood as themselves! This exposure of children is one reason of the great increase of consumption, and should be discountenanced by every thinking parent.

Children should sleep, eat, and exercise regularly; let them not

be tempted to do one or the other out of the regular course. On sentence whatever let them "piece" the day through. The requires three or four hours to digest a meal, expects a sort of routine of tasks, and between each task looks for a little rest. Yet how little are these requirements heeded. Sweetmeats of alluring shape and color, with other palatable things, are invariably added to the diet of our children, and given between meals. In this way the stomach, if not clogged by colored candies, is kept in a constant state of indigestion. The child becomes pale and sickly, and the triumph over nature is complete! Let a man place himself in the position of a patient, let him awake some fine morning with a dose of castor oil down his throat; let him then be washed and swathed in a sheet which shall be stuck full of pins, one or two of which are thrust half an inch or so into his flesh, let him then swallow a dose of laudanum, and on the top of that be rocked to the verge of apoplexy in a cradle. After he has been asleep for a couple of hours from sheer exhaustion, let him be awakened by a pickled herring being thrust into his mouth, *and see how he would like it!*

But supposing, contrary to probability, that the child becomes a man, let us see what he does to renovate his constitution. Ten to one he has been manufactured on the forcing system, into a merchant or a professional man, and has taken up his abode in some densely populated quarter, in order to be near his office. Nature intended him to be broad chested and straight backed, but thanks to early training and confinement he is narrow chested and stoops forward, the shoulder blades projecting like the wings of a bird. What his wife and daughter have accomplished through the agency of stays, he has accomplished through study and want of exercise. He don't see why his own lungs and the lungs of his wife and daughter should have room to play. He never played himself and don't believe in it. True his wife and daughter admired the English cricketers last fall, and wished perhaps with Deedemona, "that Heaven had made them such a man" as one of these. Doubtless they thought them a superior race, never considering that fresh air and

exercise might have conferred the same boon upon the husband and the brother. It is unfortunate that the lungs have any work to do, but they have, and rather important work too, it being necessary to put the breath of life into the blood, which they are unable to do properly when cramped for space. By this compression of the chest men as well as women are rendered nervous and incapable of exertion and fall an easy prey to the Doctor and the Doctor's

The ladies, however, do not allow us to suppose that they have lost flesh. There is a fiction of attire which would lead a speculative critic the belief that American women have a surplus of flesh should be in their waists, to bulge up some inches higher in front and some inches lower behind. But on application to the doctor or milliner it will be found a groundless theory, and the prompters behind the scenes, do not hesitate to assert that the ladies are the same all the way down. We have hinted at our gentleman's occupation, let us now see what is his recreation! Does he go to the gymnasium, or the cricket field? Nay, does he even play ten pins or base ball? No, none of these things move him, but about ten o'clock at night he goes out with his wife and daughter to *spend the evening*. Thsly clad and packed in a close carriage they arrive at their hosts, jump out on the cold pavement, in thin boots and shoes and run shivering into the house. Instead of keeping from the fire, as all chilled people should, they rush up to a red hot stove in a dressing room, from whence they descend to drink a cup or two of some hot liquid called tea or coffee. From thence they enter the dancing room, where, from want of ventilation, the upper sash of the window has been let down, or the lower sash raised—"it is so very hot." Here a nice country nose will at once detect the nasty foul air, tho' it is mixed with eau-de-cologne. Now the gentleman cuddles some lady, and the ladies are cuddled by some gentlemen, and they spin around the room like teetotums. Presently they take an ice—then a spasm, then another dance, then a walk on the verandah "it is so very hot"—then a glass of wine, then another ice—then macaroons, then supper. Sandwich, turkey, patties, champagne, blancmange, bonbon, champagne, sherry, champagne

is quite as much difference in the healthfulness of artificial and natural light, as there is between the two luminaries in their brilliancy. The light which comes down from the sky, needs no air out of our mouths, but it comes charged with many subtle principles which have a purifying, vivifying power, a powerful ally of health, and we make war against it. Natural light contains no such blessings. When the gas stove gives half a dozen jets into your unventilated room, and the lamp gives light; when your candles become shorter and candles are burnt out,—*Do you know what happens?* Nothing ceases to exist. Your camphene has left the lamp, but it has vanished out of being. Nor has it been converted into anything; it is a visible action; and candles are no more converted into anything when they are burning, than breath is converted into anything when you are talking. The breath having produced speech, leaves the atmosphere; gas, camphene, coal oil, and candles, having produced light, do the same. If you saw fifty wax lights shrink to their sockets during the past week in an unventilated ball room, yet, though invisible, they had not left you; for their elements were in the room and *you were breathing them!* Their light had been a sign that they were combining chemically with the air; in so combining they were changed, *but they became a poison!* Every artificial light is, of necessity, a little workshop for the conversion of gas, oil, spirit or candle into respirable poison. You will therefore see that the more we have of such a process, the more need we have of ventilation. While upon the subject of light, we may mention that the best plan for weakening the eyes and necessitating the use of glasses, is to read or work by a fluctuating light. By fluctuating light is meant a candle that requires snuffing, or a lamp that requires turning up. The joke of them consists in this: they begin with giving you sufficient light, but as the wick grows, the radiance lessens, and your eye gradually accommodates itself to the decrease; suddenly they are snuffed, and your eye leaps back to its original adjustment, then begins another slide and another leap back, and in course of time, lamenting the premature approach of old age, you invest in a pair of spectacles."

We have said above, that T. C. Keefer, C. E., gives us good

We point to him specially, because he is the engineer of the
 and Hamilton water works, and we are glad to hear, for
 the future capital of Canada, that he is to be employed
 upon it. The KEEFERS seem to be an
 We have SAMUEL KEEFER, the real engineer,
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 Inspector of Railways, and now Assistant
 of the Board of Works. Then
 (whose "*Philosophy of Railways*" set all
 the locator of the site of the VICTORIA
 Surveyor of the Grand Trunk line—a very
 ultimately selected. Then we have another
 a member of the *Australian Parliament*—
 Canadian talent is honored even on the other side

of digression. Water, water, is in every one's mouth
 —just where it ought to be when a man is thirsty; it rains from
 Heaven, it leaps out of the earth, it rolls about the land in rivers, it
 accumulates in lakes, three-fourths of the surface of the globe is
 water, yet there are men unable to be clean. In a great city water,
 we are told, "is the maid of all work," has to assist our manufac-
 tures, to supply daily our sauce pans and tea kettles, cleanse our
 clothes, our persons, and our houses, provide baths, and flood away
 the daily refuse of the people. A man to be healthy ought to use at
 least a barrel of water daily, in washing, bathing and drinking.
 Rome, under Augustus, used to supply water at the rate of more than
 800 gallons to each citizen—that was excess. People in small
 towns have more difficulty in obtaining the luxury than those in large
 towns, because they cannot afford water works. They must there-
 fore be content with enough to cook, enough to drink, and enough
 to wet the corner of a towel. As for bathing, that seems to be out
 of the question in a country abounding in water; hence one half the
 dyspepsia of those who, if they washed themselves, would enjoy good
 health.

Let us go back a thousand years, and look at the Persian aqua-

ducts, attributed to Noah's great grandson,—at Carthage, the
Etruscans, Mexicans,—at what Rome did, and acknowledged
man, in an unripe and half civilized condition, understood the
art of health and comfort was very intimately connected with
of fresh water. Look at the savage wherever you go, and
you will find him a cold water man. Perhaps the
savage washes himself so constantly, that he is the
the other extreme. One would think that the
of the Platonic school and damned the body.
True, the temperance men have come to the
internal arrangements, but who ever heard of the
side application! According to their ideas, a man
should draw so many feet of water, and we see it
registered on the stern. By the way, is it not a
never thought of electing MAHOMET to the office of
arch, when his fundamental principles were "abstinence and tem-
perance." Well, there is this, at least, to be said in favour of tem-
perance societies—they do not pass the bottle. They don't ask their
friends to taste another bottle of that old port, made of doctored
elderberry, or try a little more of that sugar of lead and gooseberry,
with a body of rhubarb, under the name of champagne. The ordi-
nary manufacture of choice wine for the people requires the follow-
ing ingredients: for the original fluid, cider, or common cape, raisin,
grape, parsnip, or elder wine; a wine made of rhubarb for cham-
pagne, to these may be added water. A stock having been
chosen, strength, color, and flavor may be added on it. Use is
made of these materials: for color, burnt sugar, saffron, anniseed,
red sanders wood or elder berries, plain-spirits for strength.
For antty flavor, bitter almonds; for fruitiness, spruce; for
fulness or smoothness, honey; for port wine flavor, fracture of the
seeds of raisins; for bouquet, orris root or aspergeris; for roughness
or dryness, alum, oak sawdust, rhatany or kino.

Of good wine, health requires none, though it will tolerate a little.
If we take a glass or two of the pure thing, we may expect a little
indigestion. But if the wine is bad, no one can tell to what disor-

may not give rise. As for brandy, whiskey, gin, and other spirits made from corn, they are eminently destructive to life. If our readers drink such villainous compounds, it is not our business to advise upon them. As, however, a large number of people are fond of wine, we here insert the TEST of pureness of wine, as it is called in Germany.

TEST OF IMPREGNATED WINE.

To test wine, mix one ounce of cream of tartar with half a pint of distilled water, till it be of a white color. The liquor is then filtered through a paper, and kept in a closely stopped phial. From this phial, a few drops are dropped into a small glass filled with wine. If the wine is pure, it will, with white clouds, and deposit only a small quantity of sediment. If it contains no metallic impurities, it will be black or even muddy, if its color is of a dark red, or if it have first a sweet and then an astringent taste, it is certainly impregnated with sugar of lead, or some other impregnation of that metal equally destructive. If, however, the dark color be of a blue cast, not unlike that of pale ink, we may expect the wine to contain iron in its composition. Lastly, if the wine be impregnated with copper or verdigris, it will deposit a sediment of a bluish grey color. This experiment ought to be made with a fresh, unopened test (which any druggist will put up) in the open air.

As the use of spirits and bad wines, it is impossible to advise their conduct as it deserves. The night before the death of King III. was visited by the ghosts of the dead. What a dreadful visitation it would be if the living were visited on his death bed by the ghosts of the dead. He had been the means of sending to premature graves many who would feel about as comfortable as did the Monks of the abbey, of whom Bede tells us that on his death bed a ghost exhibited a scrap of paper upon which his good deeds were written—then the door opened, and an interminable file of ghosts brought in a mile or two of scroll, whereon his misdeeds were all

registered, and made him read them! Fathers killed, broken hearted, children brought up in sin and beggary make up a very pleasant sight for a man, who, is a father, be called upon to give an account before his Maker of the cries of "justice!—justice, upon the heads of the lowest pit of perdition, and mercy!

But it is not our purpose to discuss the water question. Our main object is to give before our readers, not only a simple but a length of days to the the good, and to the inwardly. If people have a drink, let it be the most harmless intoxicating liquid known. Its use is natural. Lard is a natural food. There is no doubt that its popular use is eating properties. But few people, whether not like to be made cheerful harmlessly, and whatever sustains cheerfulness produces health. We know very many old ladies, and some young ones too, who keep up the steady morning till night, and to such an excess that a doctor would pronounce them under the effects of liquor. But we don't know that it does much harm except making them nervous and talkative. One should not however, be drunk hot, but warm. Hot spirits of any kind weaken the stomach and consequently injure digestion. Tea has another advantage over wine, beer, &c., it intoxicates without being fat, and invariably produces jollity! For more information we refer the reader, if he be married, to the morning tea, where ladies love to congregate, to the huge tea garden, where the plant is grown, and the drink. But what of milk? Is it deserving of a place among drinkables? Certainly. It is the food as well as the drink. The infant's appetite is all for milk. Not only the milk made up of chalk, the brains of sheep, oxen and cows, flour, starch, treacle, whiting, sugar of lead, annatto, size, &c.; (see Mr. Ragg, of London, and Frank Leslie of New York) but good wholesome milk from the country, or from your own cows in town.

FOOD.

Dr. Thompson, Professor Croft, &c. have said to exist chiefly in the form of solids, and in the form of solids which exactly resemble albumen, and caseine. The food is composed of fat and starchy matters. If a person take more food than he wants, part of it is wasted; if he take more food than he wants, part of it is wasted, and part of it the body takes away as fat. The correct diet of a healthy man is eight parts of fuel food to one of nourishment. This preserves equilibrium, and suits therefore, an adult; the child which has to become bigger as it lives, has ten times as much of nourishment. And so Dr. R. D. Thompson says. It has been often copied—the proportion of fuel food to one of nourishment.

	Nourishment.
..... (animal).....	1 to 2
.....	1 to 2½
.....	1 to 5
.....	1 to 7
..... (animal at rest).....	1 to 8
.....	1 to 9
.....	1 to 10
.....	1 to 11
.....	1 to 26
.....	1 to 40

Now how absurd to give infants farinaceous food; arrow-root, tapioca, and the like; when we give only one part of nourishment

in 26. Such diet is like putting leeches on a child, making him pale and bloodless. A child, up to its seventh year, should have nothing beyond bread, milk, water, sugar, light wine, butter, fat, and fresh meat for its dinner, when it is very young, with a little well cooked vegetable, and the ripest fruit. Oatmeal is the best food for breakfast. They do not have beer, for not only do they have liquors, but there is no beer made here. These things are food for neither child nor man. A child to be "good" must be naturally art secure, and not have any and vitiated craving. Young women eat chalk, and do so, but because it is a young man's children like plain sugar or treacle. Porridge, it does not hurt their teeth. Look at the gentlemen and ladies of color down south! Have they not got teeth of the soundest and whitest. Mr. RICHARDSON tells us of tribes among the Arabs of Sahara, whose beautiful teeth he lauds, that they are in the habit of keeping about them a stick of sugar in a small bag, which they bring out from time to time for a snuff box for a pinch. Plain sugar, we say, is good for teeth and stomach, in moderation; but sugar, or treacle, or molasses, or chalk, or verdigris, or any other matter, is bad for the sight and hearing.

As for children of a larger growth, the best way, in my fashion, all we can say is—there is no good way. First think of it—first comes a rich piece of meat, next hot; then fish made indigestible by mixing it with more cayenne; next meat with all the spices and gravies; next wine, next beer, next pie crust and the various productions of a second course; next celery, cheese and all, next wine, oranges and almonds, and lastly olives and more wine—and they

In other words, they have digged with their teeth, and have got out of their graves. The hotel that gives the richest cooking, is sure to carry the most customers. The almshouse overtakes these asylums, and a rich tavern overtakes a poor one. A man has great a curiosity to see a man eat mutton or beef, with a good appetite except amongst the poor. A healthy food bene-
 fit is by all means the best, the more it is used, the more it is needed. Who has watched a man whose heels over head nature demands
 marked in all its parts, vigorous and well
 portance. A child, pin a child down in
 broad cloth, and subject it to the laws of quiet politeness. - Let
 nature have her way, children will be high spirited, hand-
 some and intelligent. Send them to school, let the
 boys be taught to be polite, how very improper!
 some of the madame, very improper.
 Nature, for instance, she allows boys
 and girls to be together, whereas, if she had the
 power, she would permit one sex to each
 other. Boys and girls together
 are monsters, and be timid,
 The English women
 and magnificent forms and
 beauty by constant exercise in
 girls walking, running, skipping
 or dancing. Society keeps them in doors, making
 sickly and nervous, but nature is allowed to have her
 way, and she rewards her disciples with all the graces at her com-
 mand.

How, dear reader, do you suppose the wife of one of our honorable citizens, in Toronto, obtained her fine, charming complexion? Do you think she bathed perpetually, or by walking with her arms folded before her, as the Chinese do? I suppose she has exposed her face to the worsted birds, or has been brought up with plenty of exercise and plenty of carriage riding with her husband. She is, without doubt, her example is a good one, and the best results.

"But you are only sup-
posed to have dined
your dinner. And now
WAIT ON APPETITE, AND

Toronto, February, 1860.

P. S.—Those who follow the rules, will never be troubled by the disease. Those who follow no rules, will be troubled. A few hints for their guidance.

When you enter a sick chamber, look at the face as long as your eyes can see it. There is life there is hope. Endeavour to raise the spirits and cheerful conversation. Do not sit in the sick chamber, and do not sit in the sick man's presence, unless you are a silent thunder. If the room is cold, if the weather be not too cold, the sick man may cheat the doctor out of a fee, and the undertaker also; never mind them, but remember your duty to your friend. Of

or do anything to depress his spirits,
 laughter, let him have sunshine
 and it the most nutritious
 time, carry him fresh
 of sight and smell,
 something pleasanter
 eyes upon. Let
 the room, but
 kept cool, light,
 for the day
 cases frequently
 fresh wholesome
 consequence of
 you talk of religion
 he is d—d for-
 of the Lord,—how
 chastiseth us only
 with arguments read
 deliver your views in a
 . Don't preach at
 you want to kill him.
 several days in the
 the earthy part of
 world, and is now
 Above all things,
 shuffles, don't bury
 city. Take the
 and do not let it
 fellow citizens.
 in a cemetery,
 crops, or that he
 or potatoes!



